SCHOOL FOR HOUSEWIVES

By Marion Harland



BABIES AND CHILDREN

Practical Hints for Their Care and Training

HAVE a nine-month-old baby with a fearful temper. He kicks and throws himself back when anything does not suit him, and, being strong for his age, it is very hard for me to handle him. "Could you advise me what to do to help him overcome the habit of giving way to his feelings?
"Is he too young to be taught? Should he be punished?
D. H. B."

A child is never too young to be taught -1. e., to be trained in self-government and in good habits. You are likely to have a hard battle to overcome the nine have a hard battle to overcome the nine month-old habit of willful indulgence in Temper. ("Temper" with him now calls for a capital letter.) Begin without delay to teach the young tyrant that you are to be sovereign, and not he. I do not say "whip him," although a tingling tap upon the naughty little fists would have been salutary three months ago. He is strong, you say. Prove to his complete conviction that you are stronger. He will respect you for it.

when he begins to kick, hold his feet fast with one hand, the frantic hands in the other. Speak decidedly, not angrily, to him, holding him still until he ceases to struggle. If the battle be long, bring in cold water as an ally. Wash the red, convulsed face, the neck and arms, talking gently and firmly, bidding him be a good child.

respect you for it.

He will enter fully into your meaning. I have known more than one obstreperous infant, whom whipping made the more violent, reduced to terms by the cold water douche. Throw a handful of cold water into his face and make him comprehend that this is the penalty of his intractable

weakness.

M. H. S."

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Lastly, raise your arms straight up and take four more breaths, all slow and deep. Do this every morning and at night be-fore you go to bed. After a while go through the exercise at noon, also with out undressing. It will broaden and deepen your chest and make the lungs strong.
2. Old English ladies are no wiser than old American ladies. Gravy is not pure oil, and bacon fat is often charged with hurtful, indigestible matter. If you will take, twice or three times a day, a table-spoonful of the best cod liver oil, or even xcellent salad oil, it will be far better

3. Pneumonia certainly weakens the lungs. It need not injure them perma-nently. But while you are building yourself up do not tax them as if they had never been overstrained. Avoid violent exercise and take much that is moderate exhausted in the gymnasium "ease up" a Don't crowd on steam on an grade. The road to recovered health is always an up-grade.

Live much in the open air, and study to

Now the consensus of opinion is in favor years after you begin to work.' That is of letting the hair grow upon little girls' what I did. I owe my success to my will-heads as long as it will. At least this ingness to do it." is what I am told by those who should know better than I the laws of capillary sustenance and growth. There is no doubt that weak, nervous children suffer much from an unusual weight of hair, and that all endure inconvenience, if not injury, from heat when the hair is all should not become a successful architect.



for Preparing the Delicacy in Four Tempting Styles

ELGIAN hare is at last accepted as a dainty on the bill of fare in the homes of Philadelphia's best livers, and Mrs. Sarah Tyson Rorer, the exponent of the gos-Borer, the exponent of the goslentreat you, more for the boy's sake
than for your own comfort, present and
than for your own comfort, present and
future, to teach him now the management
of his temper. A spoiled child often means
a spoiled life.

Recathing

Rorer, the exponent of the gospel of good cooking, has done it. Until
Mrs. Rorer championed the cause of the
hare, the epicures gave it scant welcome.
Many good people called it "cat meat"
and scornfully shrugged their shoulders
at the suggestion of hare as an article
of food. Mrs. Rorer, knowing its value,
set herealt is conserved.

before you dress, stand back against the door or a smooth wall, with no base board to throw your hear's wint of pumb," let your hands hang straight down, and take seven deep, S-L-O-W breaths, with your mouth shut. If you breathe through your nose, the air is tempered before reaching your lungs, and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths, will free your lungs and you take fewer germs in to your system. Seven deep, slow breaths will free your lungs and you take fewer germs in the your could count four, and exhaust the hour into the business of raising their own hards and provided the hour into your system. Seven deep, slow breaths of the hour into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will free your lungs and you take fewer germs into your system. Seven deep, slow breaths will feel your lungs and you take fewer germs into your system. Seven deep, slow breaths will feel your lungs and you take feel germs into your system. Seven deep, slow bre



"3. Will one who has had pneumonia have weak lungs the rest of his life? I have weak lungs the rest of his life? I had pneumonia last spring, but as I am control in the practice most needed by you is I. The practice most needed by you is I which nobodycould help but pronounce dealiclous. She further gave the new article of food her own unqualified endorsement by announcing that she used it once a week, every Saturday night, on her own are members of the Hare Association, have placed canned Belgian hare on the total transfer of the part of the meat one-name as \$300 apiece.

Moreover, the industry is being developed in another direction. A Philadelphia of salt and a saltspeonful of pepper. Government by announcing that she used it once a week, every Saturday night, on her own are members of the Hare Association, have placed canned Belgian hare on the total transfer of the meat one-name as \$300 apiece.

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The suggestion of hare as an article of food. Mrs. Rore, knowing its value, set herself to overcome the objection and make it fashionable. She has succeeded. Belgian hare suppers are now a recognized social function. Some of the leading hotels serve it; private families have in most no chest at all. I am a good runner and jumper, but I hate the idea of being weak internally. Could you or some of your kind correspondents tell me of some exercises that will develop the chest and strengthen the lungs?

"2. I have been told by an old English lady that eating bread dipped in the gravy of bacon, or drinking the gravy alone, will strengthen the lungs. Is it so?

"3. Will one who has had pneumonial have weak lungs the rest of his life?" I within nobodycould help but pronounce delicious. She further know the new article of food. Mrs. Rore now a recognized exercises boys of the large and make it fashionable. She has succeeded. Belgian hare supported the adminishment to overcome the objection and make it fashionable. She has succeeded. Belgian hare supported on the eading hotels seven it; private families have others who are growing hares is A. J. Cassitt, who has introduced them at his country place, near Bryn Mawr.

This city is also the centre of a Hare Association, which number 100 members. Among those who serve Belgian hare in three Association, which number 100 members. Among those who serve Belgian hare in three Association, which number 100 members. Among those who serve Belgian hare in three Association, which number 100 members. Among those who serve Belgian hare in three Association, which number 100 members. Among those who serve Belgian hare in three Association, which number 100 members. Among those who serve Belgian hare in their homes are Mr. and Mrs. Joseph Fels, Mr. and Mrs. As argainst preconced we prevent when the indisputable "proof of the pudding the fact that Mrs. Rore introduced them at his country have a seal of the places. The fact of the pudding the fact that Mrs. Rore introduced them at his cou

ANSWERS TO MY READERS

Advice Given on Topics of General Interest

AM 5 feet 2 inches tall, weigh 130 pounds, and would like to lose at least 20 pounds. I ar oranges. Do you think the make me stouter? Kindly mention a few articles that I should not eat. How long do you think it would take me to lose 20 pounds if I am in earn doing it?

Apples-sweet apples in particular, are fattening. Oranges and lemons are not. Sweets of all kinds, butter, potatoes and other cereals, rich broths, peas, beans and sweet corn, and fat meats have a tendency to increase flesh; also milk, cream, and, strange to say, inordinate water drinking. Keep to a diet of lean meats, acid fruits, butterless bread (toast is better) and salads of all kinds. Avoid sweets, custards, pastries and starchy foods generally.

Above all, exercise regularly and intelligently. Walk and practice gymnastic exercises as diligently as if you were training for a wrestling bout or a race. These will develop muscle at the expense of flesh.

As a last word of warning-do not be overpersuaded into taking drugs to reduce obesity. Serious and even fatal consequences sometimes attend the use

Spotted Gown

"Will you kindly advise me what to do with a dress which water spots? It is a brown crepe cloth, resembling an all-wool poplin. After being out in a shower I find the drops of rain have spotted it. Any way which you think would remedy this would be gla cepted by me.

All cloths should be sponged before they are made up. My advice would be to take the spotted gown to a cleaner and consult him as to the feasibility of sponging the whole garment now. Or, if you have a spiece of the cloth, test the matter yourself by sponging it with a cloth wrung out slightly in warm water and alcohol. If no unpleasant results follow, try the process

Huckleberries

"I may be able to help the lady on the huckleberry question. The recipe I refer to is of an old German dish which my grandmother and mother relished, and which I also am fond of:
"Put any amount of huckleberries on with water. When they come to a boil put in little squares of rye bread lastly put in sugar and cinnamon to taste. It will boil thick like a pudding. Then put it into a deep dish, let it coo and, lastly, set in the ice box

Schlesies dish, a province of Prussia

I tremble for "John's" digestion if his wife, in loving eagerness to discover the coveted dainty so dear to his boylsh heart, that the man-as Uncle Remus would put it-"just natchully hones for it," should try upon him each of the recipes sent in by the sympathizing sisterhood of housemothers. Let us hope that right huckleberry compound, he may apher to the quest.

Embroidery

"I am just beginning to learn some stitches in embroidery. I am especially anxious to learn the Kensington stitch for solid embroidery. I have no one in the country to instruct me in the least, so I would like as simple a description of the Kensington stitch as possible, that a beginner can under

Instructions in this graceful art will probably appear in our "corner" before ong. But my advice to you, as one nee ilewoman to another, is to get somebod who has a practical knowledge of the it in your sight, and letting you try you broidery-and, I may add, with modes pride, that I worked four portieres in itfrom examination of a piece of fine embroidery owned by a friend. Then I sa lown before it, as one besieging a city the stitch. I never could learn any man do, and you may be clever enough to do it

"My whole household reads your column from the 67-year-old German grandmother to the youngest in the family-a 13-year-old girl. Would you kindly answer the following questions either by mail or in your column? Do ou know if the chances are good for a girl of 19 to get a position with an architect? I have a daughter of 18 who is learning architectural drawing. I have, also, a son of 16, who will graduate from the Manual Training School next month. His only real love for anything is the sea. He would like to be clerk to the captain of an ocean steamship, maybe some day to be captain. How could he get such a position, and could it lead to anything better? I am a widow and feel particularly anxious about my son get-

work.

everyday doings and sayings is a genuine cake batter, and bake in a buttered pan

As a rule of almost universal application, help to the mothers of other babies.

or in patty pans.

a woman has one eye to business, and the other upon the road along which, as she hopes, the coming man will make his way toward her, before long. If she could only hold as a fixed fact, an eternal verity, in her mind, that to Cupid may be safely entrusted the transletic state. be safely entrusted the guardianship and for herself—women's wages would go up and stay up. In which case women would be as good architects as men, and make gar. Season to taste.

A. F.

"I am a little girl and we are selling pin-wheels for charity. Is there not something else besides them to sell? I remain as ever, "Your loving little friend,

them with what you know people would "I hope you may still be conducting

the Woman's Page when my twin bab-ies are old enough to enjoy it as I do now. At present they are rolling all Thus writes a sanguine correspondent and that all endure inconvenience, if not injury, from heat where the hair is allowed to hang upon shoulders and neck.

I confess myself unable to give a definitive reply to your queries. Yet the matter is serious, and, as you say, at this season one of practical weight. I shall be glad to hear from others and from experts.

There is no reason why your daughter thus writes a sanguine correspondent. There is no reason why your daughter thus writes a sanguine correspondent. Thus writes a sanguine the problems that the department may and a tablespoonful of ginger. Have the problems that the problems that the department may and a tablespoonful of ginger. Have the problems that the problems that the problems that the problems that the problems the problems that the problems th

CHOOSING A PROFESSION RECIPES RENOVATING PROBLEMS

LOVE CAKE.

NE and one-half cups sugar; 1/2 cup butter, 1/2 cup water, 3 eggs (beat whites separately and add just before the flour), 2 cups flour 2 teaspoons baking powder be safely entrusted the guardianship and mixed into the pilotage of Prince-Charming, while if she For filling between layers and over top, would make a living she must look out boil together 1 cup sweet milk, 1 egg, 1 boil together 1 cup sweet milk, 2 egg, 1 A. R. G.

UT into small squares three pounds of lean mutton. In a frying accook severe rot ot starve them.

Cutting the Hair

**That same "getting at" counts for so much in a boy's career that you may well sickans as to the effect of cutting short; the hair of girls under 12 years? Does a heavy growth of hair tend to weaken as early interesting about sarriering the hair of girls under 12 years? Does cutting the hair of girls under 12 years? The prevent the heat or cold from causing captaincy. Make him comprehend this bestergishen, or does its simply make plear the top; and the hair for you take any step toward getting a strengthen, or does it simply make heat of the water health of the provided where the heat of you care start that the little quarter line of the provided with the heat or cold from causing captaincy. Make him comprehend this bestergishen, or does it simply make position for him. Many a lad has longed at this time of year be acceptable to mothers who are analyous for the best fallen by the way when he found how help for their children, and yet are hestisting about sacrificing the stylish appearance which long hair gives.

**Tour loving little friend,

**N. K. S.

A SCHOOL GIRL.

That same "getting at" counts for so much in a how's career that you may well a the tright thing.

**That same "getting at" counts for so much in a how's career that you may well a the tright thing.

**That same "getting at" counts for so much in the post he secuse you were sensible enough to pow with the fat, then the mutton, dredged with flour, until slightly browned. Turn into a head of its time. And also because I Parboil four potatoes, cut very small, a the fat, then the mutton, dredged with flour, until slightly browned. Turn into a head of its time. And also because I Parboil four potatoes, cut very small, a the fat, then the mutton, dredged with flour, until slightly browned. Turn into a line or two with the fat, then the mutton, dredged with flour, until slightly browned. Turn into a head of its time. An hesitating about sacrificing the stylish appearance which long hair gives.

"Be content for two years to do \$2 bicked from the shells.

"MRS. J. O'N."

Mothers, doctors and hair-dressers agreed forty years ago that children's hair should be kept short up to the age of 12 years.

Now the consensus of opinion is in favor of letting the hair grown upon little girls.

The meant to fill.

"Be content for two years to do \$2 bicked from the shells.

Or cannot you make salted peanuts?

They always sell well.

The prime principle—that is, the main trade is to give people what they want. And pin-wheels are not what they want to fill.

The prime principle—that is, the main trade is to give people what they want. And pin-wheels are not what they want. And pin-wheels are not what they want to me might call a necessity of daily living. Fall to work upon the page and full to work upon the page and full them with hat we salted peanuts?

The prime principle—that is, the main trade is to give people what they want. And pin-wheels are not what they want are not what they want was after you begin to work. That is, they want the port with a great spoonful of butter, rolled in one of flour, then mixed in the principle—that is, the prime prin

SOFT GINGERBREAD.

TIR together one cup each of mo-

Can I clean it by your oft-repeated flour method?

"2. I also send you my favorall you can do is to have the buckles lac-

with ether, sponging it with a perfectly sens left on until dry, then polished with clean sponge and drying quickly in the dry nnel. shade. Some correspondents speak in terms of warm commendation of ether as

2. The recipe will appear in its proper place. I thank you for it, and for the kind words with which your letter con-

"Kindly tell me how I may blacken or "A CONSTANT READER."

You can give it a lustrous black with patent shoe polish. But-I warn you that it may "run" if you are caught in the rain. I advise you to take it to a milliner or to a dyer. It can be colored black, and a good black, which will not streak your cheeks in every shower.

"Will you please tell me how to clean a baby's coach rug? MRS. M." Clean with dry flour, well rubbed in, left on all night, then beaten out.

fectly good, only that it is so yellow, "2. Could you also suggest a remedy for

discoloration of the skin! I treated a physician for this, but have received a physician for this around the temples. M. M. F."

1. Try peroxide of hydrogen. It is a capital bleaching agent for straw, and i should suppose would do well with leather.

TIR together one cup each of mo-lasses, sugar and butter until sician in this matter, not I. We never you have a creamy mixture; add a cupful of sour milk or butter, milk, and two eggs beaten light tablespoonful of ginger. Have

ite cake recipe. It is called love quered. If the metal be good, the red cake.

A. G. K. comade sold for such purposes should be
1. Yes, unless you prefer to treat it would with a financial rag wet in kero-

"We have a large quantity of honey in combs, and have drained it from the wax, but are puzzled now to know if it will keep in jars without heating.
"If you can kindly advise me, I will

feel very grateful. M. H." Keep in a cool, dry, dark place. Have dye a white sailor hat, or if same can be each can full to the brim, screw on a made black, and oblige, close top, and your honey ought to keep well. I have often eaten strained ho put up in this way which had kept for

> "I. Kindly let me know what would be good to clean two white straw hats, as more token of the hold the mother take we have no cleaning establishments here. They are only slightly soiled. "2. Also, something good to kill these large black ants. I have used red pepper, but to no avail. Clean first with coarse cornmeal,

slightly moistened and applied freely with way I can clean a white leather belt? the hats with dry meal. Leave them cov-I have taken it to a cleaning establish- ered with this for an hour or so before I have taken it to a cleaning establishment, but they tell me they can only improve it. The leather has become yellow. It is an expensive belt, and personal to the state of the mean and the state of t ing in the sun.
I know this to be a good recipe, for I

discoloration of the skin! I treated with have seen it tried successfully.

a physician for this, but have received

2. Make a mixture of powdered cinnaof sticky fly-paper in their route. Scald

refrigerator and pantries often with boil-

ing water into which red pepper and borax have been stirred. "I would be very grateful to know how to remove red ink stains from a

addressed envelope, I can put you in the way of getting at what you need.

"Will you kindly tell me how I can polish a brass (?) army buckle; also a nave youe? Brass polish, such as I generally use through the house, does not affect them.

K. B."

how to remove red ink stains from a wish I had written it!"

"No love like mother-love can charm away pain from the sick soul and the world-wear brain."

Leave to John, then, the dream of "gin the application. Should this prove ineffect them.

The memory is a talisman.

"Mother Used to Make"

"After reading 'M. W.'s' appeal for help in preparing a dish 'my mother used to make, through sympathy I fee moved to send her a recipe which I copp from an old cook book, but have nev band may be mistaken about heating th berries, as I think cooking never in proved a huckleberry. "I had most amusing experiences try

ing to make things like my husband a mother when we were first married. After he went home on a visit to her heard no more about it, 'The man did not enjoy it as the boy did.' Nevertheless, there is something pathet

and more that is beautiful in the tende to "hark back" to "mother's cookery," the part of the fullgrown man. It is upon her children's hearts, another added

place in their hearts and lives is inalle There is truth as well as sweetness ! the song often upon the world-wear, man's lips-oftener in his heart-'No other worship abides and endures

"Especially 'patient,' dear mother!" I heard a gay collegian murmur, bending over to kiss his mother's gray hair, as a young girl sang the old ballad. 'tells' with the most wayward of us.' An old man died in Brooklyn the other day, who had survived all the friends of his boyhood. But one child of five bor to him survived to close his eyes. Hi aged wife was at his side. sisters had gone before him to the Change-less Land. In an inner pocket of the note-book he had carried for forty years they from which I have quoted-"Rock Me to

Sleep, Mother!"
When the story was told me, I said—"I wish I had written it!" "No love like mother-love can charm

From the sick soul and the world-weary brain." Leave to John, then, the dream of "gin-